

Sun. July 4	<b>INDEPENDENCE DAY – REC CENTER CLOSED</b>		
Mon. July 5	Rochester Swim Club Orca's (Monday & Wednesday)	5:30 am-	8:30 am
	<b>ADULT LAP SWIM (No Lifeguard on Duty)</b>	<b>11:30 am-</b>	<b>1:00 pm</b>
	Rochester Swim Club Orca's (Monday & Tuesday)	3:00 pm-	6:30 pm
	Med City Swim Club	6:30 pm-	8:30 pm
	<b>OPEN SWIM</b>	<b>6:30 pm-</b>	<b>9:00 pm</b>
	<b>ADULT LAP SWIM</b>	<b>9:00 pm-</b>	<b>10:00 pm</b>
Tues. July 6	Rochester Swim Club Orca's (Tuesday & Thursday)	5:30 am-	8:00 am
	<b>ADULT LAP SWIM (No Lifeguard on Duty)</b>	<b>11:30 am-</b>	<b>1:00 pm</b>
	Med City Swim Club (Tuesday and Thursday)	5:30 pm-	7:30 pm
Wed. July 7	Water Aerobics (Wednesday and Friday)	7:15 am-	8:15 am
	<b>ADULT LAP SWIM (No Lifeguard on Duty)</b>	<b>11:30 am-</b>	<b>1:00 pm</b>
	Rochester Swim Club Orca's (Wednesday & Thursday)	4:00 pm-	6:30 pm
	Med City Swim Club	6:30 pm-	7:30 pm
	<b>OPEN SWIM</b>	<b>6:30 pm-</b>	<b>9:00 pm</b>
	<b>ADULT LAP SWIM</b>	<b>9:00 pm-</b>	<b>10:00 pm</b>
Thurs. July 8	<b>ADULT LAP SWIM (No Lifeguard on Duty)</b>	<b>11:30 am-</b>	<b>1:00 pm</b>
	Adaptive Recreation	6:00 pm-	7:45 pm
Fri. July 9	Rochester Swim Club Orca's	5:30 am-	7:00 am
	<b>ADULT LAP SWIM – (No Lifeguard on Duty)</b>	<b>11:30 am-</b>	<b>1:00 pm</b>
	<b>OPEN SWIM</b>	<b>6:30 pm-</b>	<b>9:00 pm</b>
Sat. July 10	<b>OPEN SWIM</b>	<b>1:00 pm-</b>	<b>3:00 pm</b>
Sun. July 11	<b>OPEN SWIM</b>	<b>1:00 pm-</b>	<b>3:00 pm</b>
	<b>OPEN SWIM</b>	<b>6:30 pm-</b>	<b>9:00 pm</b>